



SHARING ISN'T CARING

- **3 out of 4 people** who use an opioid without a prescription get them from family or friends.
- Responsibly dispose of any leftover pain killers! **Never give them to someone else!**



YOUR OPTIONS

- Ask your doctor about **alternatives to opioid** pain medication.
- If opioids are necessary, ask about your **dose and the plan to taper you off.**



THE FACTS

- **Many different drugs are actually opioids:** Oxycodone, Hydrocodone, Morphine, Codeine, Fentanyl, Hydromorphone, etc.
- **11.5 million people** misused a prescription opioid in 2016.



ADDICTION IS A DISEASE

- If you feel you are becoming dependent, **get help!** If a loved one or friend needs help, **intervene.**
- **Don't let stigma** prevent you or a relative or friend from seeking treatment!



THE RISKS

- The risk of opioid addiction increases in as little as **FIVE** days. Opioid overdose kills **134 people per day** in the United States.
- **4 out of 5 people** dependent on heroin began by abusing prescription medications.



SAFE PRACTICES

- Pain medications lead the list of the **most common** substances implicated in adult poison exposures.
- **Always** bring unused medications back to a pharmacy for safe disposal or ask for a disposal pouch you can use at home.

